WHAT IS MENTAL HEALTH?

Mental health is how we feel about ourselves and how well we cope with difficulties. Everybody has ‘mental health’ and it’s normal to feel anxious or upset at times, but being mentally healthy means you’ll be able to overcome these feelings.

- 1 in 10 children in the UK will have a mental health disorder
- It is estimated that 2325 children aged 5-16 in North East Lincolnshire have a mental health disorder
- It is estimated that 904 children aged 5-16 in North East Lincolnshire have an emotional disorder

WHAT HAVE WE DONE?

- School nurse text service
  - Contact the school nurse text service on: 07507 331620
- Staff trained in cognitive behavioural therapy approach
- Online counselling service
- ‘Are You Ok?’ Cards created
- Workforce trained in mental health topics
- Whole school approach to mental health audits completed
- Engaged with children and young people
FUTURE IN MIND &
What it means for me
YOU SAID, WE DID...

Waiting lists are too long

Parents need more information to be able to help me

The service needs to be designed for children’s needs

There will be support groups for parents as part of the Access Pathway

We are offering appointments at more times & locations

If my CAMHs referral is rejected I’m not given anywhere else to go

CAMHs is hard to access

The Families First Access Point (FFAP) now receive all referrals and signpost the young person to the best support for them

With THRIVE you can enter at any of the 4 quadrants and receive the right help
FUTURE IN MIND &
What it means for me

OUR PRIORITIES ARE...

- Marketing & promotion
- THRIVE
- Whole school approach to mental health
- Perinatal mental health
- Training
- Single Access Pathway
- Vulnerable children

IN THE FUTURE WE WILL...

- Getting Advice (Coping)
  I can access the right information, advice and guidance and am aware of what services and support are available.

- Getting Help
  I can receive support at the right time, at the right place, before it gets any worse.

- Getting Risk Support
  I can access support and professionals will work together to keep me safe.

- Getting More Help
  I can receive support for long-term conditions.